



# PROTECTS YOU, YOUR FAMILY AND THOSE YOU CARE FOR FROM THE FLU

Get your free flu vaccination

## Do you work in the care sector?

Health and social care staff delivering hands on care to residents and clients are eligible for a free flu vaccine.

## Have you had your free Flu jab yet?

Anyone can get flu (even healthy people), and serious problems related to flu can happen at any age.

All frontline health and social care workers should have the flu vaccine to protect the people they care for as well as their own health and that of their families

You need to be vaccinated EVERY year to gain protection for yourself and to stop you spreading the virus to others. The vaccine is safe and can't give you flu.

Remember – 11,000 people die from flu every year

There are platinum, gold, silver and bronze certificates for care homes, domiciliary care providers and hospices dependent upon the number of staff who has been vaccinated. Applications must be submitted ASAP but at the latest by 29 January 2021 via e-mail GY&W  
[ecch.infectionprevention@nhs.net](mailto:ecch.infectionprevention@nhs.net)  
 et  
 North, Norwich, west & South  
[l.karrouze@nhs.net](mailto:l.karrouze@nhs.net)



## Where to go for your free flu jab

You can get the flu jab from your own GP – contact your surgery for an appointment.

You can book an appointment online with most local pharmacies.

Due to covid 19 all flu appointments need to be booked in advance. Please remember to wear your mask for your appointment.

## What you need to do

Take identification that includes your name and the name of your employing organisation. This could be an ID badge, a letter from your employer or a recent pay slip.